



CANCER
RESEARCH
UK



EVENT GUIDE

05.02.2023

WELCOME TO WINTER RUN! ^{1/2}

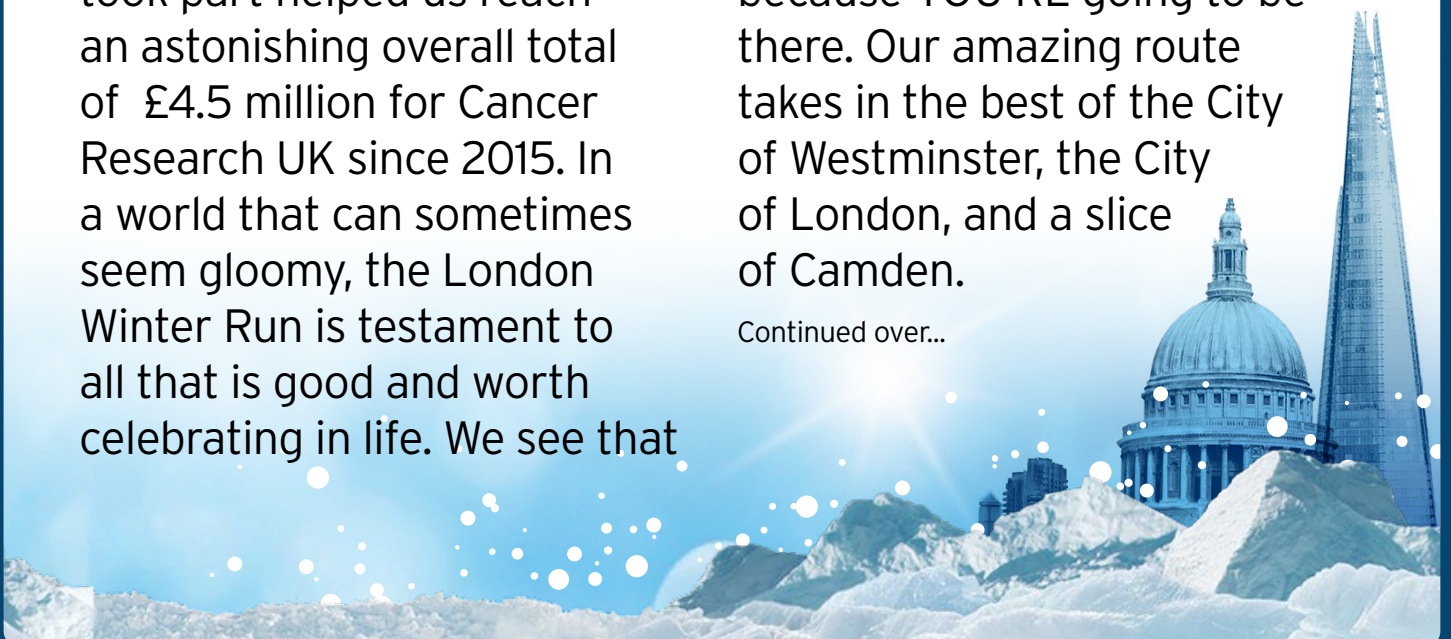
Another lap around the sun and the Cancer Research UK London Winter Run is back, conquering the cold and spreading feel-good cheer for its 7th full winter edition - we couldn't be more excited! Last year saw 12,000 of you take to the streets in characteristically chilly conditions, smiling nonetheless and keeping the heart of the city warm with your energy, enthusiasm and plenty of husky high fives.

Not only that, but those who took part helped us reach an astonishing overall total of £4.5 million for Cancer Research UK since 2015. In a world that can sometimes seem gloomy, the London Winter Run is testament to all that is good and worth celebrating in life. We see that

in our participants, challenging themselves physically and mentally, striving for success. We see it in our volunteers, with their hard work and infectious sense of fun. We see it in our supporters, who come together to cheer on strangers and loved ones alike. And we see it in our fundraisers, whose commitment to the charity and willingness to share their story is so admirable.

Sunday 5th February is going to be epic - and even more so, because YOU'RE going to be there. Our amazing route takes in the best of the City of Westminster, the City of London, and a slice of Camden.

Continued over...



WELCOME TO WINTER RUN!

2/2

You will witness some of London's greatest sights - some you'll be familiar with and others you might discover for the first time, which should help ensure the KMs fly by on event day.

As ever, we all owe a big thank you to London and the heroes behind the scenes for having such a positive attitude towards this event. They continue to work with us to support the community in London, and provide an inspiring platform to help keep people fit and active, whilst raising money for Cancer Research UK every year.

Another big thank you is to the volunteers, without whom we couldn't deliver this event - and without whom none of these events would happen. Hundreds of volunteers are

ready at 7am (some earlier) and leave long after you have a medal around your neck. They travel from far and wide to help be part of your big day. If you get the chance, please thank them too.

Please take a moment to carefully read through this event guide. It contains lots of relevant information that will help you have a really smooth experience on the day of your challenge. Take care and see you at the start line!

Bear Chills

& the Human Race team



EVENT LOCATIONS

BAG DROP

The Bag Drop is located at Waterloo Place (accessed via The Mall, with disability access via Pall Mall). However, to avoid the potential of any queues, we recommend that you sweetly invite someone to watch you run the event, and that they hold your things for you instead of using the Bag Drop!

START

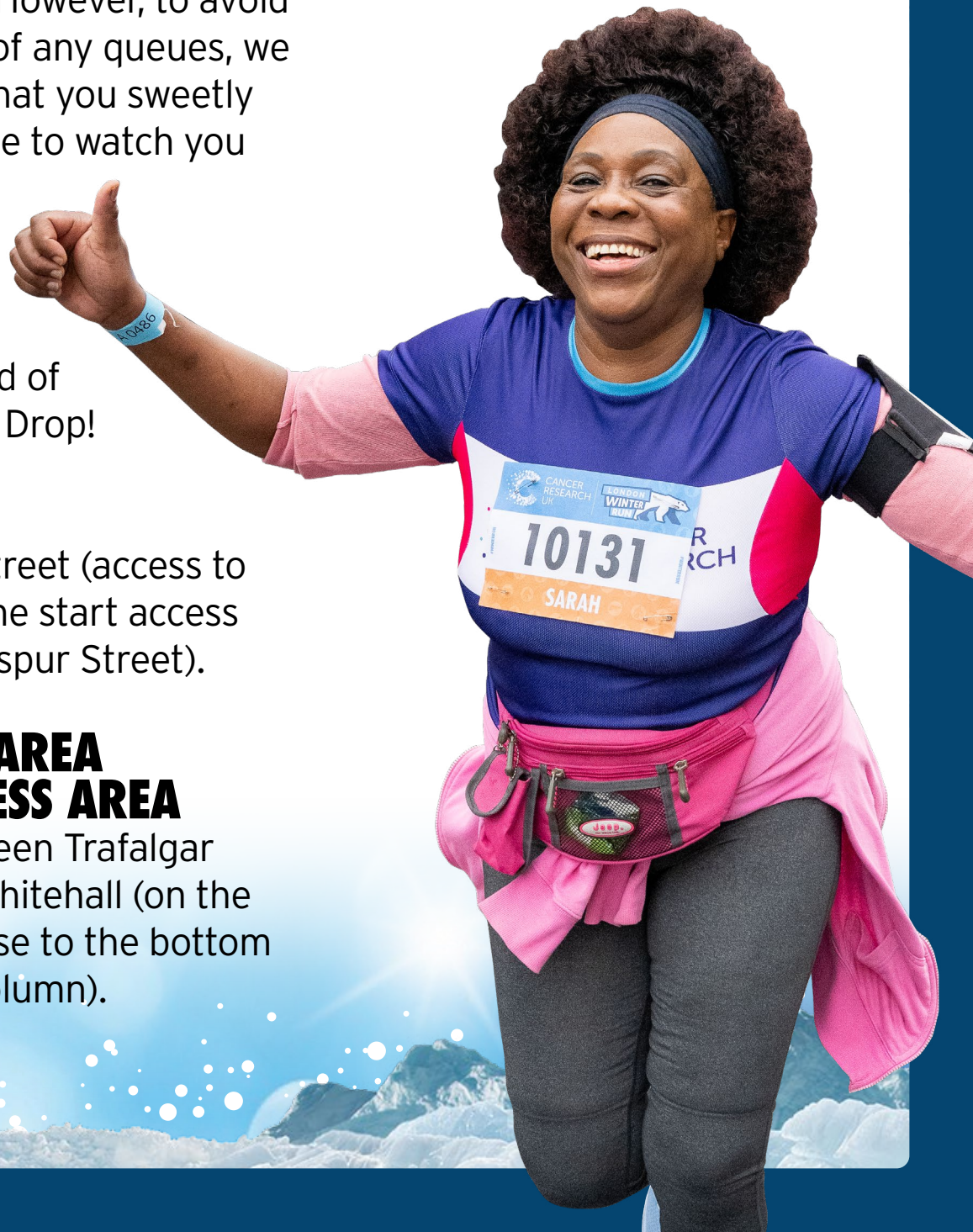
Duncannon Street (access to it is only via the start access point on Cockspur Street).

WELCOME AREA START ACCESS AREA

Located between Trafalgar Square and Whitehall (on the main road close to the bottom of Nelson's Column).

FINISH

The finish line is on Whitehall. A site map is available to view on our website [HERE](#)



START TIMES 1/2

ALLOCATED ARRIVAL TIME

There are multiple allocated start times in order to stagger arrivals and ensure that enough space is available for everyone on site.

The colour & wave number on your bib corresponds to your allocated Start Wave Colour and estimated start time. This is based on the estimated finish time you gave when entering the event.

However, you must also be aware of the time that your wave will be called to leave the Welcome Area

and enter the Start Channel to ensure you arrive on site on time but also to minimise waiting. Check the table on this page to know the latest time that you must be in the Welcome Area before, and ready to begin the start process.

If you are using the Bag Drop before, you should factor in about 20 minutes for this. Please check the table below before travelling to the event and ensure that you do not arrive too early. Continued over...

START WAVE NO	START WAVE BIB COLOUR	TIME WAVE WILL BE CALLED INTO START CHANNEL	ESTIMATED START TIME
1	PURPLE	08:50	09:30
2	ORANGE	09:00	09:38
3	WHITE	09:16	09:46
4	PINK	09:24	09:54
5	GREY	09:32	10:02
6	GREEN	09:40	10:10
7	YELLOW	09:48	10:18
8	LIGHT BLUE	09:56	10:26
9	RED	10:04	10:34
10	DARK BLUE	10:12	10:42

IF USING BAG DROP please leave an additional 20 minutes to walk and queue. If you have an old jumper, you can wear this before the start and leave it behind. It will be donated to charity.

START TIMES 2/2

Please try not come to the Welcome Area earlier than the time related to your Start Wave colour. If you arrive in Central London early, we would ask you to please wait away from the Trafalgar Square area and only come into that space at the time asked. We understand that you will want to arrive in the general area early to ensure that you are on time, but please plan your journey so that you arrive at an appropriate time.

IN ADDITION PLEASE BE AWARE THAT...

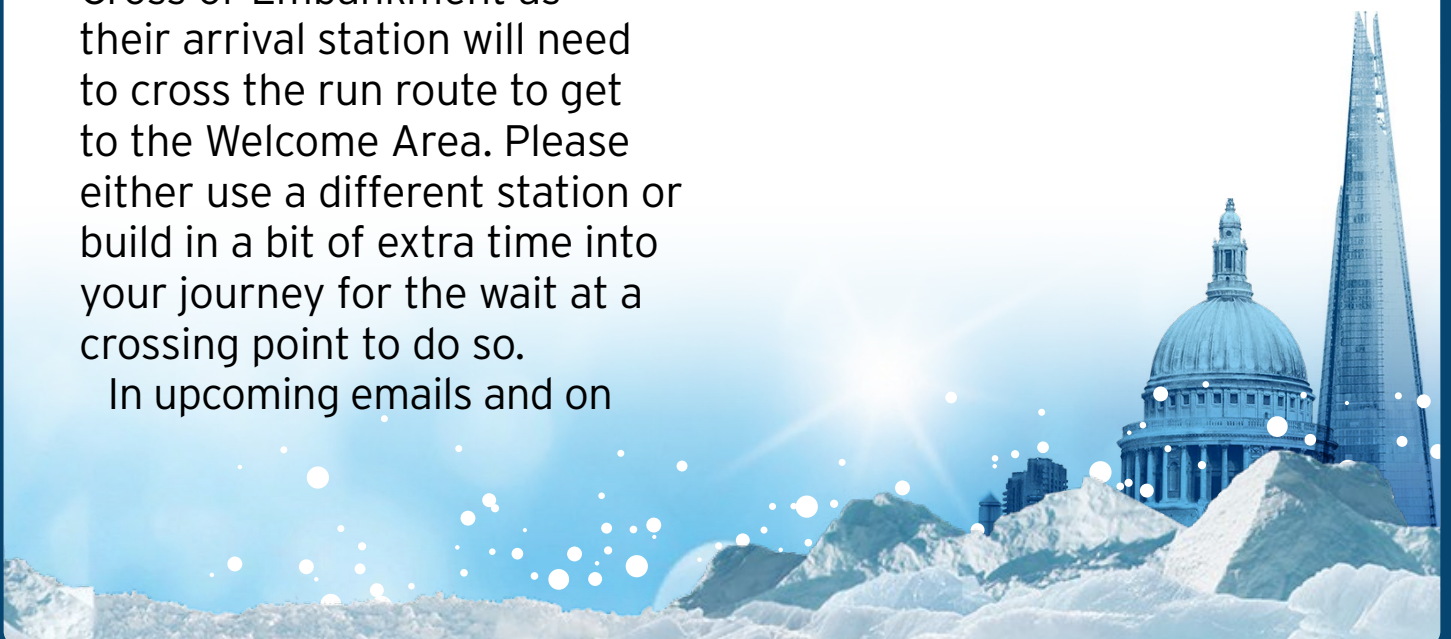
Persons in later waves arriving after 9.45am that use Charing Cross or Embankment as their arrival station will need to cross the run route to get to the Welcome Area. Please either use a different station or build in a bit of extra time into your journey for the wait at a crossing point to do so.

In upcoming emails and on

the website will be sharing information on the best stations to use and estimated walking times from these stations so that you can plan your journey and what time you need to set off in order to hit your required arrival time at the Welcome Area.

HOW DO YOU KNOW WHAT YOUR REQUIRED ARRIVAL TIME IS?

Check the table to know when you will need to leave the Welcome Area and enter the Start Channel. You will then want to factor in time to use the toilet facilities and if applicable the Bag Drop before this time.



TRAVEL

The direction you approach the Welcome Area and the station that you will need to use will depend on your start wave and whether or not you will need to use the Bag Drop. We will be emailing you before the event with further travel information about which stations we recommend that you use.

Please make sure that you plan your journey in advance to work out how long it will take you, and make sure you add a buffer of time just in case you encounter any unforeseen delays.



WHAT YOU NEED TO BRING ^{1/3}

APPROPRIATE CLOTHING

The British weather can be unpredictable so please ensure you check the forecast in advance and prepare appropriately. Should the weather be inclement and wet, please dress sensibly.

AN OLD TOP

We recommend that you wear an old top to the start line to help keep you warm/dry. There will be a pen just before the start line where you can leave it, and all the tops left will be donated to Cancer Research UK who will either sell them or recycle them to raise funds.

YOUR RACE NUMBER AND SAFETY PINS

Your running bib will be sent to you in advance, and it's essential that you bring this with you to the event. It contains your timing chip, and also works as your

proof of entry to stewards.

On the reverse of your number please complete the required details. If you registered for the event at least two months in advance we have personalised your bib with your preferred name. If you registered after this time please feel free to write your name on the front of it so we can cheer you around the course!

The number should be attached to the front of your top, with many people choosing to use safety pins, although other attachment solutions are available to purchase from many retailers. If you choose to use safety pins please make sure you source these before the event as they will not be available on the day.

Gifting or transferring your place to another person is not allowed in our T&Cs for safety reasons.

Continued over...



WHAT YOU NEED TO BRING ^{2/3}

MOBILE PHONE, CASH CARD, TRAVEL CARD, MONEY

Nearly all forms of London transport now accept contactless payment, but you may wish to carry some cash should you need it during your day.

WATER

For sustainability reasons once again there won't be a water station on the course route, so if you think you might need water whilst running then please bring some with you. Water will be provided at the finish line.

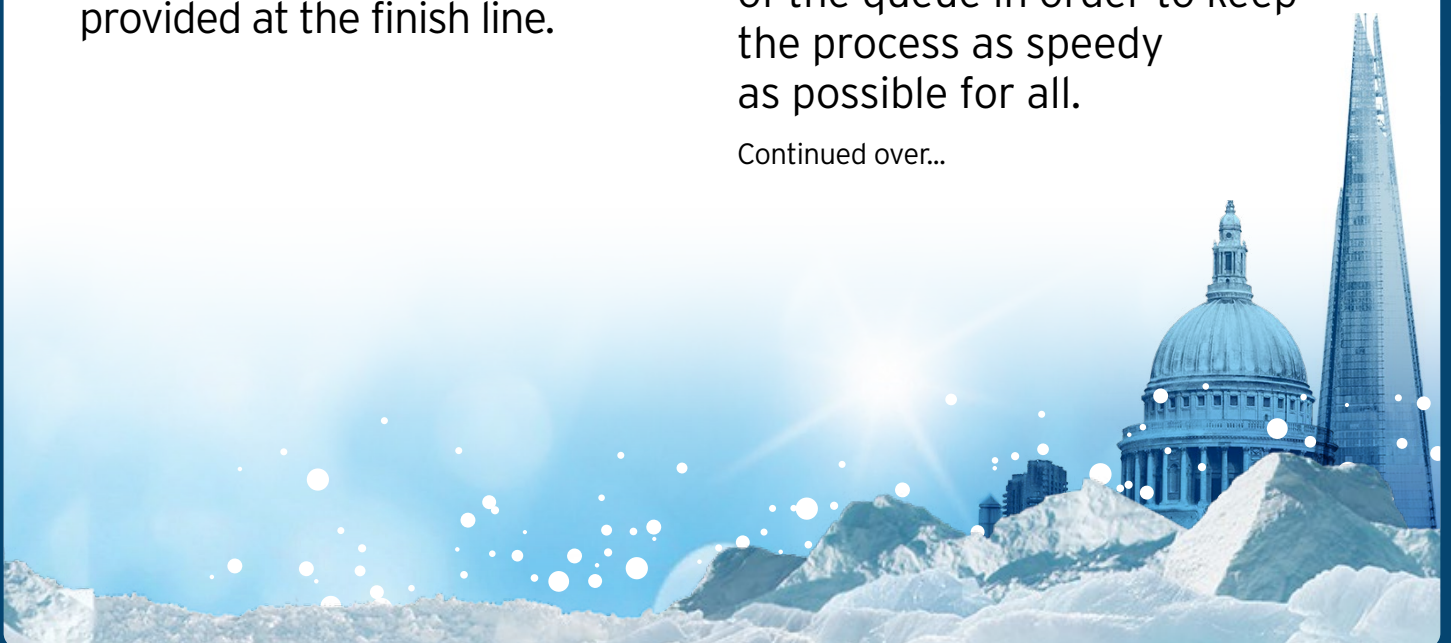
OFFICIAL RECYCLABLE BAG DROP BAG

Each runner has been supplied with a blue drawstring bag in your pack. These bags are 100% recyclable, although we encourage you to keep and reuse your bag after the event for as long as possible first.

This is the **ONLY** bag that will be accepted at the Bag Drop - please do not bring any others.

Please put all your items, including your coat and any layers you are wearing into this bag before you reach the front of the queue in order to keep the process as speedy as possible for all.

Continued over...



WHAT YOU NEED TO BRING ^{3/3}

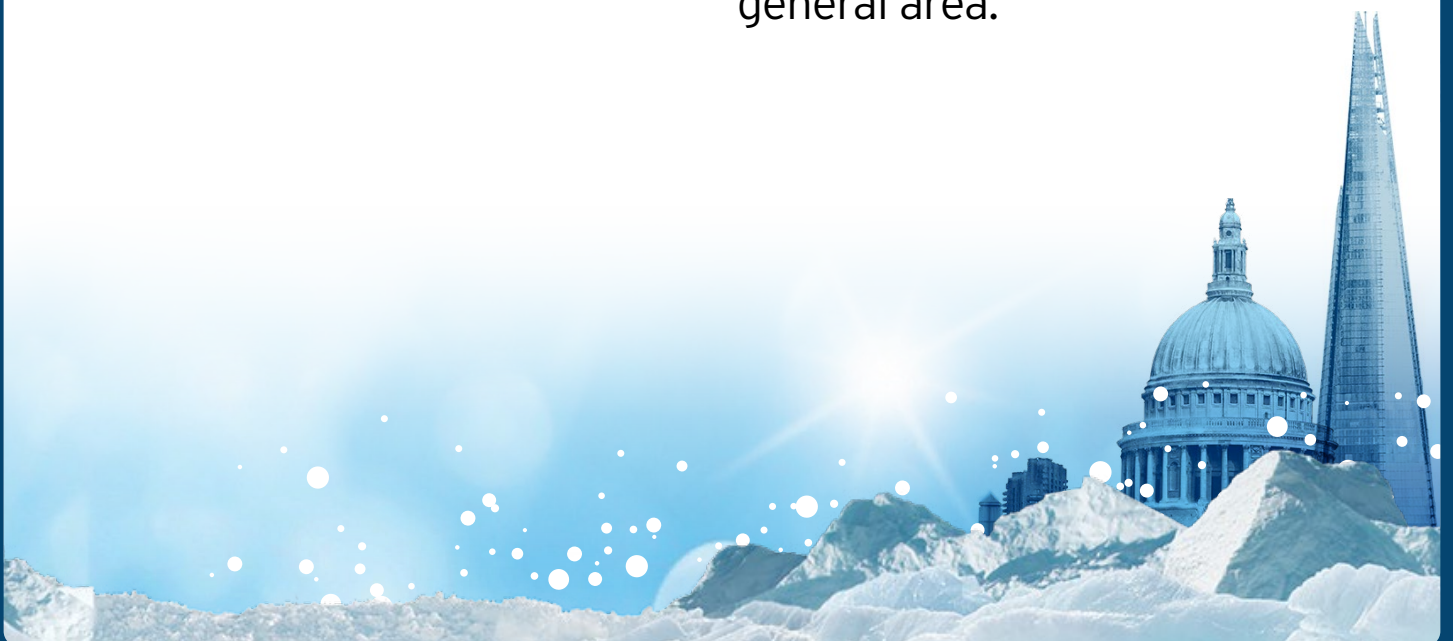
ARRIVE RUN READY....

To get the smoothest and quickest experience out of your day, we highly recommend that you bring a spectator along and ask them to hold items that you do not wish to run with. This will allow you to skip the Bag Drop process completely, minimising the amount of walking you need to do, and avoiding any queues at the Bag Drop.

FRIENDS AND FAMILY

As mentioned, why not invite someone to cheer you on?

Don't forget to identify a place to meet up with them or any fellow runners after you have finished. Due to the crowds that will be there on the day it will make it difficult to find people, so remember to make this place somewhere away from the finish area itself, and also make it specific e.g a specific coffee shop, lamppost, or tree - rather than just a general area.



EVENT PACK

IN YOUR EVENT PACK YOU WILL FIND...

OFFICIAL RECYCLABLE BAG DROP BAG

Our official London Winter Run bag drop bag is made from sugarcane, making it 100% recyclable. This is the **ONLY** bag that will be accepted at the Bag Drop - please do not bring any others. Please put all items - including your coat and any layers you are wearing - into this bag before you reach the front of the queue, to keep the process as speedy as possible for all. Please remember to reuse and recycle your bag after the event!

IMPORTANT Where possible it is recommended that you leave your kit with friends/ family as an alternative in order to avoid any queues at the Bag Drop.

YOUR BIB NUMBER

In your race pack you will receive a running bib number. This must

be attached to your outside garment on your front with e.g. safety pins (we do not supply safety pins on the day so don't forget them!).

Your bib number must be visible at all times. On the reverse of your number please complete the required details. You might see your name on the front of your running number for cheering purposes. If you registered for the event after 30th November 2022 your number will not have your name on it. Please feel free to write your name on the front of it so we can cheer you around the course! Your race number will also indicate which wave you are in. Please check the colour of the bottom strip.

PLEASE NOTE: The back of your race number contains your timing chip, so it is extremely important that you do not forget or lose this!



TOILETS

VERY IMPORTANT INFORMATION!

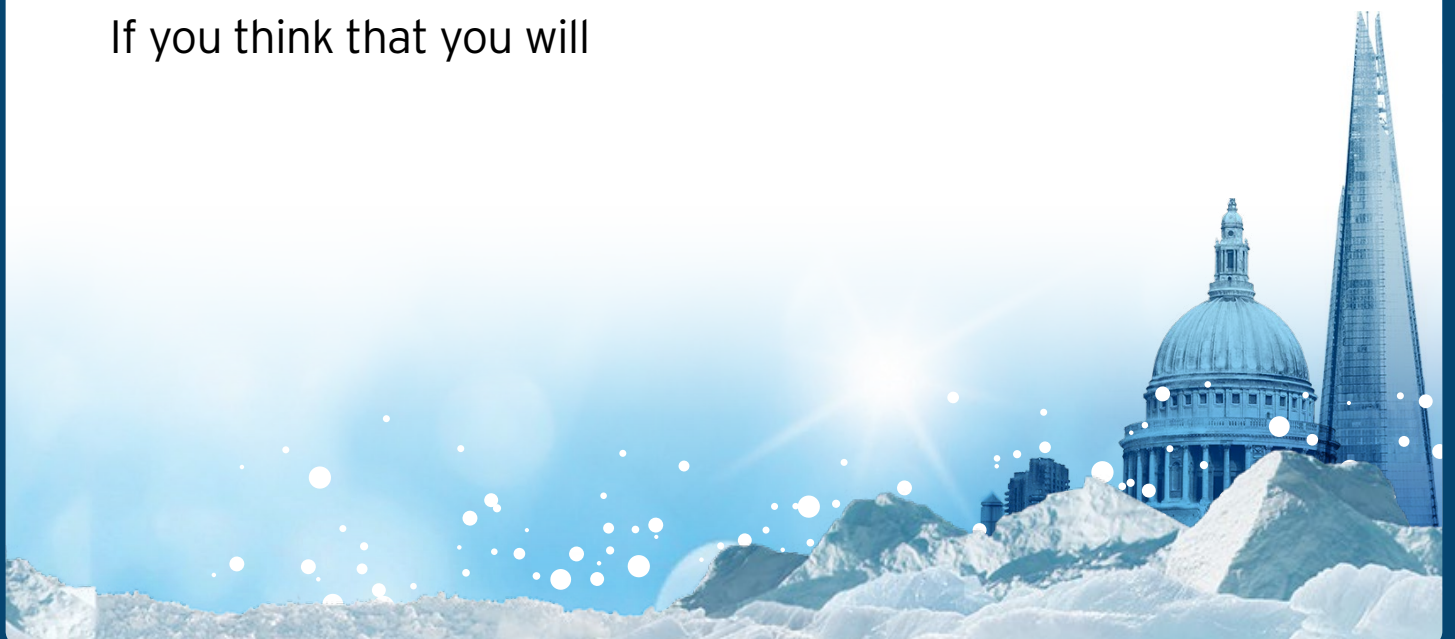
Not the most glamorous of topics we know, but an important one all the same. Given space restrictions in Central London, and building works taking place, there will be a limited amount of toilets available.

The toilets will also be split into different locations so look out for all the locations as the queues may be smaller elsewhere. Please follow the event signage and listen to the marshals who can direct you to the most suitable location.

If you think that you will

need to use the toilet before you start, please do build in additional time for queuing.

Please always be respectful of all property and to those around you by only using the provided temporary toilet units or other public toilets. Please do not use any side streets or St James Park or Green Park as a substitute.

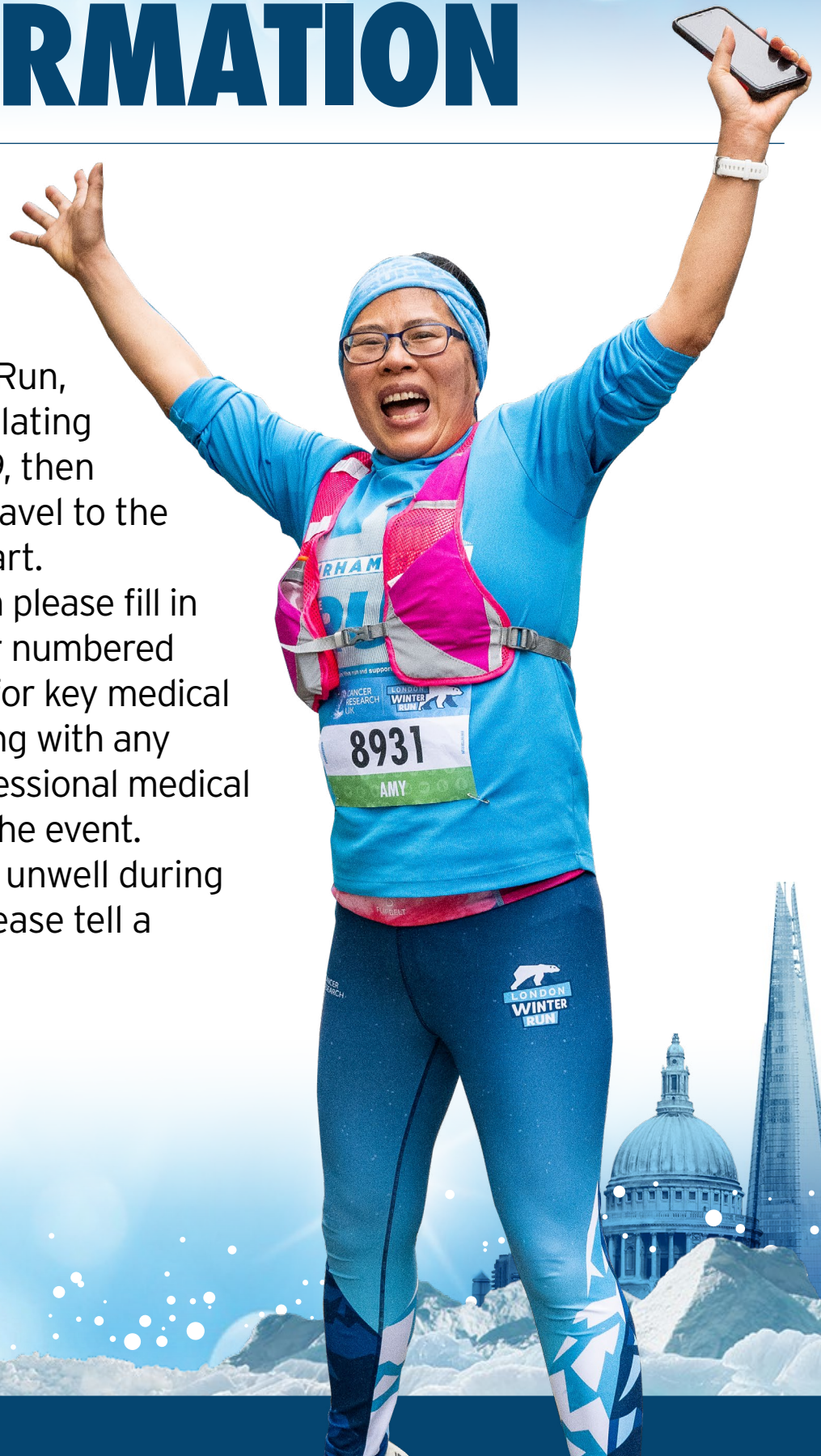


MEDICAL INFORMATION

If you feel unwell before the Cancer Research UK London Winter Run, or should be isolating due to COVID-19, then please do not travel to the event or take part.

Before you run please fill in the back of your numbered bib, which asks for key medical information along with any allergies. A professional medical team will be at the event.

If you become unwell during your 10K run please tell a marshal.



EVENT SAFETY

Your safety is our number one priority as you take on the Cancer Research UK London Winter Run with us. The below covers important safety information you need to know.

HYDRATION

It's important that you are aware that there will not be water distributed on the route, and therefore you need to manage your own hydration on the day. Please ensure that you drink plenty of fluids before you run with us.

If you think that you will need water during the run then you are allowed to carry a water bottle or similar to use. There will not be anywhere to fill up your bottle on site so bring it full.

Even if you don't usually hydrate before/during your runs please do not underestimate the need to do so. Water will be

provided to all finishers after they cross the line.

HEADPHONES

To get the safest and most enjoyable experience at the Cancer Research UK London Winter Run, we recommend that you do not wear headphones. However, if you decide to run with headphones please only use in one ear and keep the volume as low as possible.

Please also ensure that you look around you whenever changing your direction on the course or running around someone. With limited hearing your understanding of runners around you is reduced, so please pay attention to prevent any collisions with your fellow participants.



COURSE SAFETY

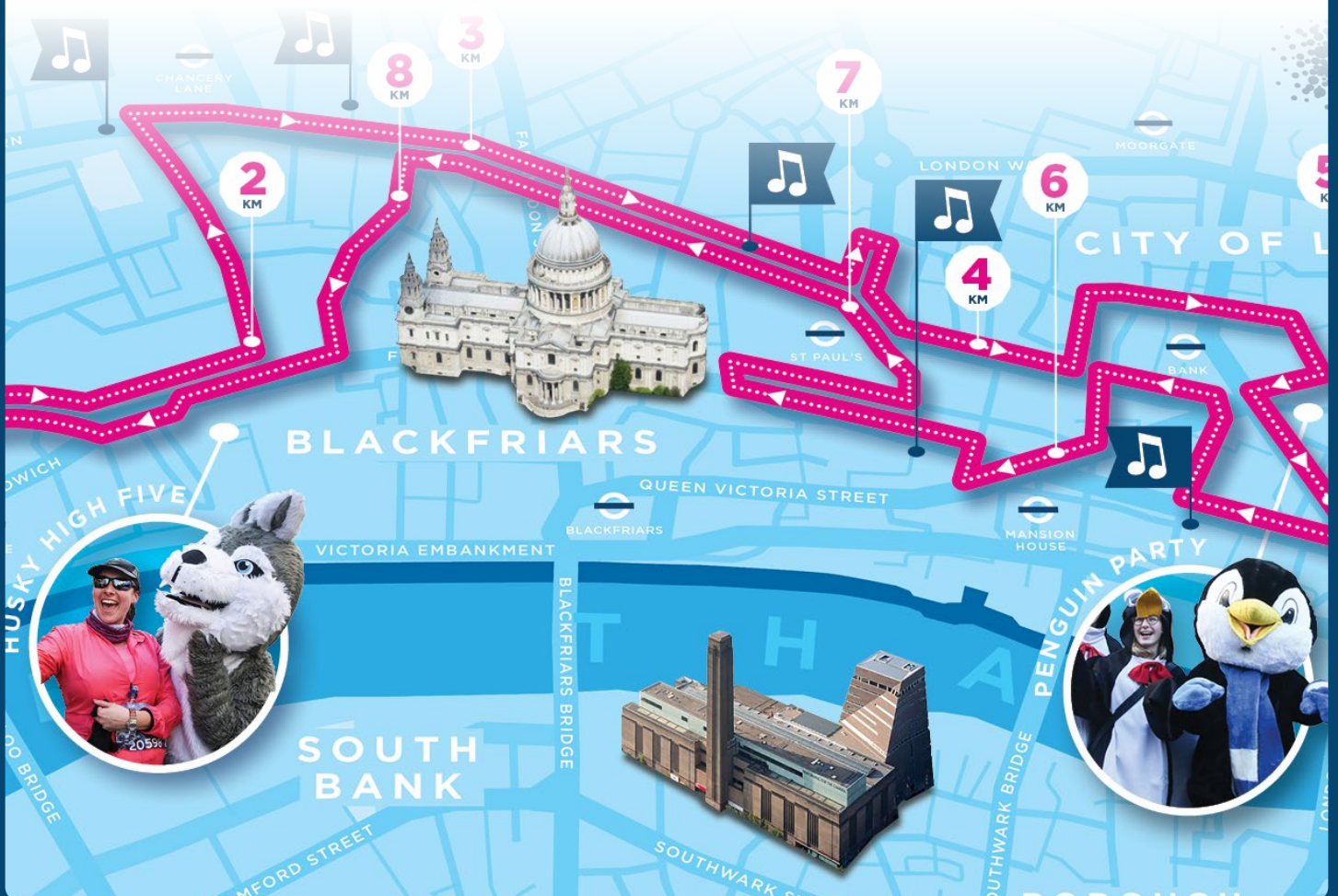
Please remain aware of your surroundings and your safety at all times, and listen to any instructions given to you by marshals.

Medical vehicles and motorbikes will be deployed at locations along the route, however they will only move in the event that they have to respond to an incident.

Watch out for them and move

over, or wait to let them pass if asked.

It is rare, but in a 999 situation an emergency vehicle may also enter the route on blue lights and runners may need to be temporarily held or moved to the side to let it through. Should this occur please listen to any instructions given to you by marshals.



TOGETHER WE WILL BEAT CANCER

THANK YOU FOR SIGNING UP!

At Cancer Research UK, we're delighted to be the official charity partner of the London Winter Run. Together, we have raised more than £4.5million since 2015.

Cancer Research UK is the world's leading cancer charity dedicated to saving lives through research, influence and information. We support

research into the prevention, detection and treatment of cancer through the work of over 4,000 scientists, doctors and nurses. We've been at the heart of the progress that has already seen survival in the UK double in the last 40 years.

Today, 2 in 4 people survive their cancer for at least 10 years. We want to accelerate progress so that by 2034, 3 in 4 people will survive their cancer.



WHAT YOUR SUPPORT CAN DO

Whether it's your first 10K or you're a seasoned runner, you will be running to help beat cancer. This is what your money can do:

£5 Could supply one of our research labs with 100 plastic test tubes, the understated tools of day-to-day experiments.

£15 Could help our scientists carry out their ground-breaking research in the lab. You could cover the cost of a polyacrylamide gel, which separates out different sized bits of DNA and reveals vital clues about how to beat cancer.

£30 Two people donating £30 each could fund a PhD student for a day. Our PhD students complete a 4-year training programme to equip them with the skills they'll need to make the research breakthroughs of the future.

£50 8 people giving £50 could buy a gel electrophoresis machine, which can be used to measure the length of pieces of DNA, so scientists can find out more about our genome.

£150 3 people raising £150 each could fund the STAMPEDE trial, finding new treatments for people with advanced prostate cancer, for one day.

START FUNDRAISING TODAY

PHILLIP'S STORY

"I never expected to have cancer at 34 years of age, and even with the positive outcome I can't hide the fact that it has changed my life forever."

One of our fantastic runners - Phillip Marriott - has shared with us his positive and inspiring story about why he took on last year's event to raise money for Cancer Research UK after his own battle with testicular cancer.

**READ
PHILLIP'S
STORY**



CANCER
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UK



FUNDRAISE & EARN REWARDS

You can now earn these amazing rewards through your fundraising efforts and unlock virtual badges.

We've created a step by step blog on how to set up your profile which can be viewed [HERE](#)



	TOTE BAG	BEANIE	T-SHIRT	1/4 ZIP	HOODIE
£25	❄️				
£75	❄️	❄️			
£150	❄️	❄️	❄️		
£250	❄️	❄️	❄️	❄️	
£500	❄️	❄️	❄️	❄️	❄️

FUN ON COURSE

Our event wouldn't be the same without loads of extraordinary, inspiring and quirky things happening around the course as you run your 10K. There are going to be LOTS of surprises at every stage of your journey, but here's a taste of what to expect...

LIVE MUSIC

Our runners always tell us that they LOVE our live music performances on the route, so we are going to be heavily sprinkling our course with some of the best feel-good choirs and bands. There will be some of your favourite tunes pumping out at multiple points en route, so it will never be long until the next beat comes along.

PENGUIN PARTY

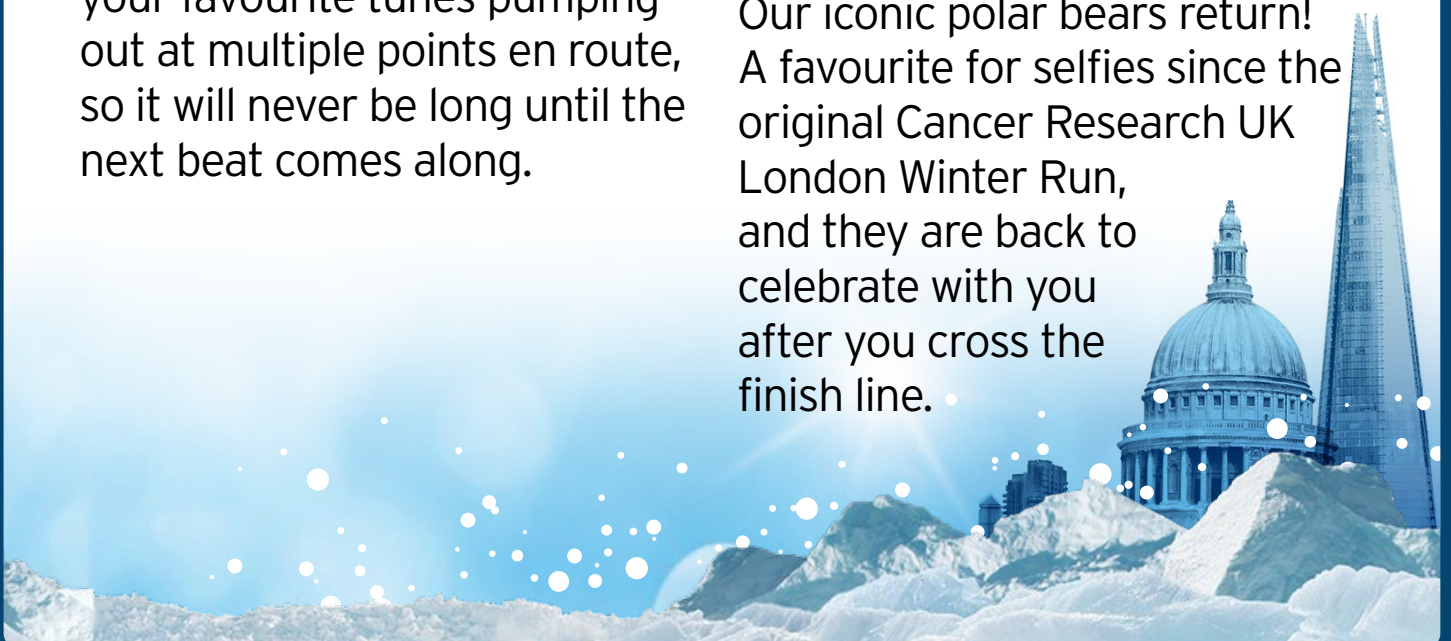
Our party-loving penguins are back in Bank, dancing to some of the best party tracks ever, and cheering you on as you reach around the halfway mark. You can get a sneaky look at the playlist [HERE...](#)

HUSKY HIGH-FIVES

Who let the dogs out? We did. Don't worry though, as these friendly canines are here to give you a boost as you run past them twice on the legendary Strand.

POLAR BEARS

Our iconic polar bears return! A favourite for selfies since the original Cancer Research UK London Winter Run, and they are back to celebrate with you after you cross the finish line.



VOLUNTEERS

We have a fantastic team of volunteers signed up and looking forward to seeing you on event day - please do say hello to those that you see!

We would love to add more numbers to the team so if you know of anyone, or any group, that might like to volunteer at the event please do ask them to check out [HERE](#) to see how to get involved and sign up!





M MANCHESTER
MARATHON



SUNDAY 16TH
APRIL 2023

FIND OUT MORE





WHEN I MOVE MY BODY,
I CHANGE MY WORLD.

WHEN I RUN, I FLY.

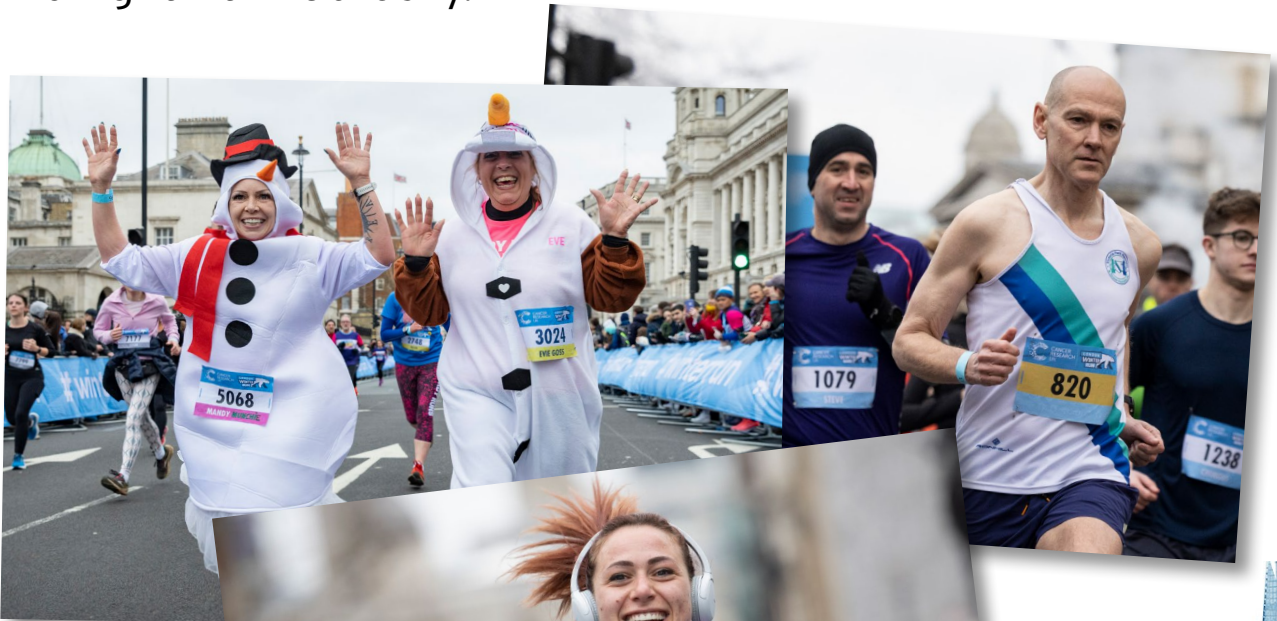
FLY HUMAN FLY™

HOKA

EVENT PHOTOGRAPHY

PRE-ORDER YOUR RACE PHOTOS FOR JUST £15 TODAY

Cherish your Cancer Research UK London Winter Run memories forever with your digital event photos from AWOLAdventure. Your Cancer Research UK London Winter Run race photos will be provided by AWOL Adventure. Pre-order your photo bundle today to get an exclusive 50% discount [HERE](#). This exclusive offer ends midnight 4th February.



ENJOY A HIGH-PROTEIN VEGAN-FRIENDLY
SNACK AT THE FINISH LINE WITH

SIS

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IN SPORT**

At **SCIENCE IN SPORT**, we combine world-class knowledge and scientific formulations to provide optimal performance nutrition solutions for athletes around the world.

We know it's important for you to take on protein within 30 minutes of finishing your event to help you to build the new proteins needed to repair muscle damage caused during exercise.

With great tasting new flavours and an improved recipe, make sure you pick up a **SCIENCE IN SPORT PROTEIN20** bar after the run.

PROTEIN20 is a convenient on-the-go protein bar made with a high-quality plant protein blend. With a satisfying crunch from protein crispies, followed by a smooth chocolate coating, gooey caramel and a super-soft protein centre, each bar contains:

- 20 grams of protein
- 22 grams of carbohydrate
- 216 calories per 64g serving



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